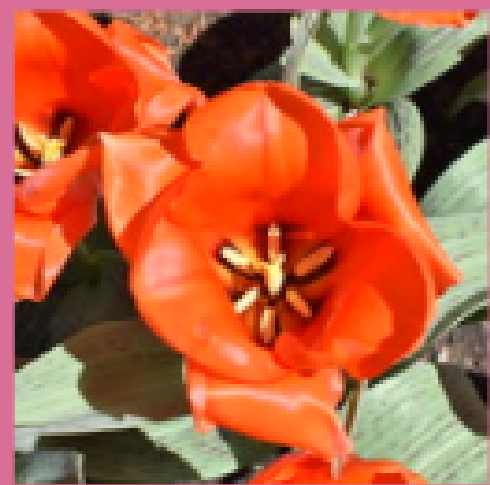
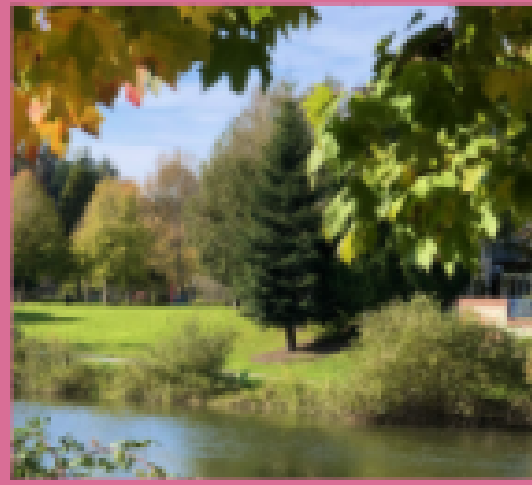
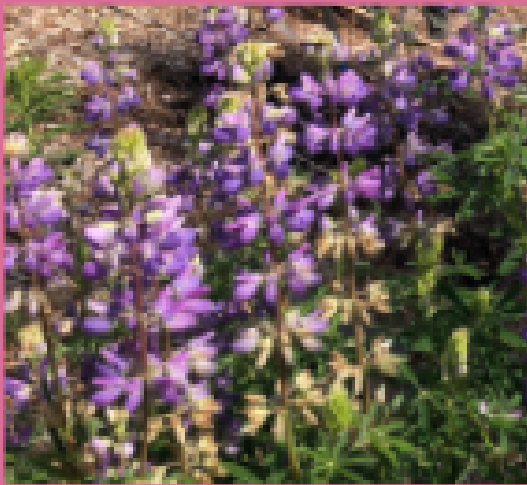


TUKWILA SENIOR SCOOP

A PUBLICATION OF TUKWILA PARKS AND RECREATION



Staying Safe- Staying Connected

Spring Is In The Air! I am hoping that the flowers beginning to bloom will bring joy and new beginnings for each of us to recreate safely. The Senior Adult Program staff has been excited to be able to offer new programs to meet your recreational needs. Many of our programs will be provided for free this year with the help of the King County Veteran's, Seniors and Human Service Levy Dollars. Masks and proof of vaccination are required for all our indoor programs per King County mandate.

Sheri McConnaughey

Senior Programs Coordinator

sheri.mcconnaughey@tukwilawa.gov

206-767-2321

TUKWILA TRAILERS WOMEN'S HIKING GROUP

The Tukwila Trailers hiking group is happy to announce that we will be able to provide transportation again for our hikes with a limited number of participants. This group meets Mondays at TCC rain or shine and departs at 8:45am. Please call 206-768-2822 to register.

Mondays 8:45am Price: \$8

**March 7 - Spencer Island Natural
Wildlife Reserve**

March 21- Bridle Trails State Park

April 4- Snoqualmie River Trail

April 18 - Wiley Slough

MARCH/APRIL 2022

OPEN PLAY PICKELBALL

Tuesdays 1:30 - 3:30pm

Thursdays: 9:30 - 11:30am

Players can drop in to play pickleball, make new friends, and have some fun.



OPEN PLAY VOLLEYBALL

Mon & Wed- 9:30am - 11:30am

Back by popular demand! Players can drop in to play volleyball, practice skills, and exercise.



FITNESS & WELLNESS CLASSES

FUNCTIONAL STRENGTH TRAINING

Instructor: Jocelyn Shelby,

Wednesdays: 8:00 – 9:00am

Learn how to move your muscles to improve posture, balance, core strength, coordination, and range of motion. This class aims to increase energy and strength to perform daily activities with minimal pain and injury. Participants can expect standing and floor exercises.

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

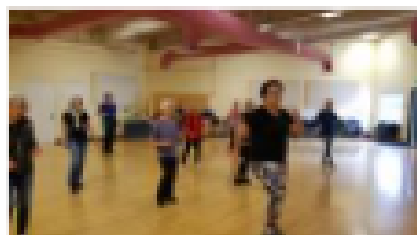
Instructor: David Kiesel Wednesdays: 10am

Certified Instructor of Tai Chi for Arthritis and Fall Prevention Improve your balance, strength, coordination and breathing with a series of gentle, graceful movements linked together in a continuous, smooth-flowing sequence. Sessions are focused on learning movements and increasing overall health.

SILVER SNEAKERS

Instructor: Suzanne Simmons, Tuesdays: 10:00 – 11:00am / Thursdays: 8:00 - 9:00am

Designed to increase muscle strength, range of movement, and improve activities for daily living. Low impact training suitable for all fitness levels, a chair may be used for seated exercises and standing support. Class can be modified depending on fitness levels.



ZUMBA GOLD

Thursdays 10:45 – 11:45AM – Begins March 3rd

Join Colleen for this fun, low impact cardio dance that will benefit your cardiovascular health, balance, coordination, stress management and cognitive function. Class will include motivational music, a safe warm-up, cardio movement, cool down and stretching.



BEGINNING LINE DANCING

Tuesdays 11am-12pm

Line dancing is a great form of low impact exercise where participants will learn repeated dance steps that follow a pattern to fun music. Line Dancing will increase balance and flexibility as well as improve strength, muscle function, and cardiovascular heart health. Dances may include the Electric Slide, Cupid Shuffle, Macarena and more!

